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UNITY DAILY WORD



*Devoted to the daily practice of
Christian truths.*

AUGUST, 1924

"Ye are gods, and all of you
sons of the Most High."

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UNITY SCHOOL OF CHRISTIANITY
Kansas City, Mo.

THE UNITY SCHOOL

is expounding the gospel of spiritual truth which Jesus and other holy men have understood and taught. The School is undenominational, seeing Truth in all religions and selecting that which is essential and upon which unity may be based.

Truth directs man to his own indwelling Spirit and to that high consciousness wherein he perceives himself as the perfect Son of God.

The School was founded forty years ago by Charles Fillmore and Myrtle Fillmore, both of whom continue to direct its policies.

Its activities are varied but all center around the desire to preach the Gospel and heal the sick. The healing department handles monthly about 30,000 letters and 800 telegrams requesting treatment. About 12,000,000 books, booklets, tracts, and magazines are printed annually.





UNITY DAILY WORD

A monthly manual of daily studies in Christian metaphysics, issued the first day of the month by

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F. B. WHITNEY, *Editor*

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God is God from the creation,
Truth alone is man's salvation,
But the God that now you worship,
Soon shall be your God no more;
For the soul in its unfolding,
Evermore its thought remolding,
Learns more truly in its progress
How to love and to adore.

—*Archdeacon Wilberforce.*

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EXPLANATION

Quotations are taken from the following named Unity publications:

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Unity Correspondence Course.

Bible quotations are taken from the American Standard version, unless noted otherwise. Quotations marked "A. V." are from the King James version.

Quotations are made herein from Weymouth's "New Testament in Modern Speech," and "The Apocrypha." None of these books is supplied by the Unity School. All of them may be procured from the larger Bible publishing houses.

The Sunday lessons are suggested by the International Sunday School lessons:

August 3—John 1:35-51.
August 10—John 2:1-11.
August 17—John 2:13-22.
August 24—John 3:1-17.
August 31—John 4:7-35.

FRIDAY, AUGUST 1

Word for Today: *Free from self-condemnation, I rest in the peace of God.*

When we hold ourselves in guilt and condemnation, the natural energies of the mind are weakened and the whole body becomes inert.—*Christian Healing, page 115.*

After one has spoken or acted without having exercised good judgment beforehand, quite often he condemns himself when good judgment is brought to bear upon the situation. The individual then is so amazed at his action that he becomes almost immovable. If one would but learn to do this "standing still" before taking the step, much mental and physical confusion would be avoided. Self-condemnation is but retarded judgment.

One should not sit in judgment upon himself for past deeds. Having sanctioned the step that you have taken, you should not rebuke yourself for what you have done. In the future you may act differently, but there is nothing to be gained by pronouncing judgment upon what has already transpired. If what you said or did was not up to the highest standard, you may know that in the absolute there is no record of it.

"Happy is he that judgeth not himself in that which he approveth."

"The man is to be congratulated who does not pronounce judgment on himself in what his actions sanction." (Weymouth version.)

SATURDAY, AUGUST 2

Word for Today: *I exercise good judgment in all my finances, and my prosperity is assured.*

Success in the world is largely dependent upon good judgment. . . .

Take the stand that it is your inheritance from God to judge wisely and quickly.—*Christian Healing, pages 117, 118.*

There is but one right decision to make upon anything at any given time. Do not take the lackadaisical attitude of folding your hands lazily and thinking that some external power will work things out without your effort. Many people think that, regardless of what their decision is, some strange power will turn adversity into good.

There is but one right decision. Do not let your consciousness be deceived by the appeal of anything less than that based upon the just and the absolute. Know and realize that the judgment of God within you is active and that you operate this judgment.

Hold good judgment as the standard by which all your financial affairs are regulated. In this way you take God as your partner in business and you connect with good judgment in all your decisions.

When you need to decide, rise to that higher consciousness where there is no doubt and wherein you see but one path, the way of Spirit.

"If there arise a matter too hard for thee in judgment, . . . then shalt thou arise, and get thee up unto the place which Jehovah thy God shall choose."

SUNDAY, AUGUST 3

Word for Today: *All the faculties of my mind are unified in the Christ consciousness.*

These twelve apostles are the twelve thought agents in man and they preside over and direct the work of the mind. . . . As man develops his spiritual nature he becomes conscious of the whole twelve and calls them to the work as Jesus called his disciples.—*Unity Correspondence Course.*

Jesus' calling of the twelve disciples is illustrative of man's taking control of his twelve faculties of mind. John, Andrew, Peter, and Philip symbolize love, strength, faith, and power. Jesus, the I AM, is unified with these mental faculties and they are lifted to the Christ standard.

Man takes his place of authority over his thought agents or twelve centers of consciousness when through the I AM every thought is brought under spiritual dominion. Then alone can he know perfect peace through disciplining self and through exercising spiritual power. Mental faculties formerly allowed to run riot are brought under spiritual discipline. Instead of being swayed by personal love and by personal power, he makes contact with the very love and power of God. He realizes that he is the chief executive of the twelve departments of mentality.

"... bringing every thought into captivity to the obedience of Christ."

"The Son of man shall sit on the throne of his glory, ye also shall sit upon twelve thrones."

MONDAY, AUGUST 4

Word for Today: *Through love, I am unified and harmonized with all good.*

Love, in Divine Mind, is the idea of universal unity. In expression, love is the power that joins and binds in divine harmony the universe and everything in it.—*Christian Healing, page 120.*

Cohesion, a property of matter, is represented on the spiritual plane by love. Love binds together all things and maintains harmony and unity. Love is the bond that holds together those who without it would be separated by personal animosities. Its silken cords hold by their gentleness and kindness.

Love alone is the idea that puts disunity to flight. The disintegrating work of hate and envy is powerless before the omnipotence of love. Families are united and wars cease when love enters in.

The warmth of divine love settles down upon the mistakes and errors of the past and they are forgiven and forgotten. The glory of the sun pales into insignificance before the splendor and sunshine of love.

Love is the universal language. Savages forget their savagery when they come into its presence. Although the tongue may speak an unknown language, the heart speaks a language that the heart understands. Love is the ruler before whom all are subjects.

"Put on love, which is the bond of perfectness."

"Love covereth all transgressions."

TUESDAY, AUGUST 5

Word for Today: *Divine Love fills my heart and harmonizes every part of my body.*

The physical representative of love is the heart. . . . As the heart equalizes the life flow in the body, so love harmonizes the thought of the mind.—*Christian Healing, page 120.*

When love fills the heart, hard-heartedness and broken blood vessels are regenerated by its magic. It softens and soothes. It dissolves every hard condition. It equalizes and levels; it comforts and cheers. If the heart is downcast, only the joy of love can lift it up.

As the heart is the governor of the blood stream in the body machine, so is love the governor in consciousness. When the heart is healthy and filled with love, the body becomes like it. When divine love fills the heart, there is no room for jealousy, envy, and revenge. True love is without personal ambitions.

When love fills the body, peace and health prevail; every cell is illumined by its glorious presence. Tenseness is relaxed and fear is dispelled. Each cell of the body touches its brother cell with a velvety tenderness. Every nerve carries the voice of love. Every muscle moves at love's bidding.

"Thou shalt love Jehovah thy God with all thy heart."

"A tranquil heart is the life of the flesh."

"He hath sent me to bind up the broken-hearted."

WEDNESDAY, AUGUST 6

Word for Today: *I abide in love and love abides in me.*

Among the disciples of Jesus Christ, John represents love—he laid his head on the Master's bosom. —*Christian Healing, page 122.*

The disciple John is represented in consciousness by the faculty of love. His teachings, more than the teachings of the other disciples, are characterized by love. He depended upon the heart of Jesus for his comfort and his resting place.

When we are willing to let the great Principle of love be our standard, then may we say that we abide in love. In Truth there are no halfway standards. We either measure ourselves up to the one Principle, or, failing to do so, stand witness to our shortcomings. If one is not willing to let love in its entirety be his standard, he cannot rest his head, or enjoy the peace of an unselfish love.

When love is expressed between two people, love is indeed in their very midst. God, Love, is present with them. Where love is, there is God. Theologians have long sought God, and their speculations have been as impossible as their efforts. At last, when musty libraries and strained intellects have failed, the human heart has yielded the solution—"God is love." One who loves has found God.

"God is love; and he that abideth in love abideth in God."

"If we love one another, God abideth in us, and his love is perfected in us."

THURSDAY, AUGUST 7

Word for Today: *In the love of God, I am unified with all people.*

We cannot enter fully into the Jesus Christ consciousness so long as we have a grudge against any one. . . . we must cast out all evil and resisting thoughts, before we can know the love of God in its fullness.—*Christian Healing, page 127.*

One's ability to love is the index to his spiritual unfoldment. Love of God cannot be kept separated from love of man. If one is illumined by Spirit, he loves his fellow man. If one does not love, he has not been regenerated through knowing the love of God.

One cannot hold enmity against his brother and be in spiritual consciousness. When one knows love, then does he know God. Learn to see God, learn to find love, in every one you meet.

Give up every adverse thought and replace it with one of love. Since the beginning, in the sight of God, man has been perfect and loving. In the absolute there is only perfect man, pure and holy, unstained by petty jealousies. In the great absolute plan men love and serve one another. When one catches a glimpse of this great scheme of love, he marvels that one could ever be unkind toward another.

"He chose us in him before the foundation of the world, that we should be holy and without blemish before him in love."

"He that loveth his brother abideth in the light."

FRIDAY, AUGUST 8

Word for Today: *My love is unlimited.
It is broad and tolerant.*

In the regeneration, our love goes through a transformation which broadens, strengthens, and deepens it.—*Christian Healing, page 121.*

Truth frees us from narrow confines. Love is no longer restricted to family and personal ties. It is impersonal, universal. That one who is filled with the love of God has for his family the whole of mankind. Jesus limited his love to no race, no sect, no family. He loved a man because in this way he appreciated the love of God.

The breadth of love depends upon the breadth of spiritual vision. Its depth depends upon the firm conviction and deep-rooted realization that there can be nothing else but love.

Love brings one into the great fourth dimension, in which things lose their apartness. It gives one the breadth, length, height, and depth of all spiritual realization. In it, bigotry and intolerance melt away. It is foursquare, complete in itself.

If you have been narrow in your acquaintance, intolerant in your views, begin today to be broad in your love. When you love the one whom you have not loved, then and only then will you find and know God.

"Be strong to apprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which passeth knowledge."

SATURDAY, AUGUST 9

Word for Today: *Divine love through me increases my prosperity.*

When the metaphysician affirms God to be his opulent supply and support, and declares that he has money in abundance, the assumption is that he loves money and depends upon it in the same way that the devotees of mammon do.—*Christian Healing, page 126.*

When we come into Truth, one of the first changes in our lives is the turning away from the desire for money and for material possessions and the consequent turning to God for our joy and support. Once one has caught Truth and has become established in the higher consciousness, he finds that he is master and that money is his servant.

With the coming of spiritual consciousness comes the realization that God is our abundant supply. If the Truth student may be said to love money, it is only in the sense that he loves every God-given blessing. Prosperity is simply one of his inheritances as the son of God. Through his sonship is opened up to him the very treasury of the kingdom.

Lack is no longer considered the sign of spirituality. It is but the outward evidence of an inner void. When the consciousness is filled with God, God is manifest as abundant supply.

"The Lord make you to increase and abound in love."

"That I may cause those that love me to inherit substance, and that I may fill their treasuries."

SUNDAY, AUGUST 10

Word for Today: *Through spiritual understanding, I turn every situation into good.*

God never performs miracles, if by this is meant a departure from universal law. Whatever the prophets did, was done by the operation of laws inherent in Being.—*Christian Healing, page 226.*

In the instance wherein Jesus turned the water into wine, we may find several lessons. When the attention of Jesus was called to the fact that there was no wine, he did not recognize the lack; he simply bided his time until he should be ready to supply wine. He quickened the faith of those about him by having their coöperation in filling the pots with water. Then they bore the waterpots in to the feast, just as if they had filled them with wine.

By making the best of what we have we often find that something better takes its place. The alchemy of spiritual consciousness is ever at work transforming the baser into the higher, the more common into the more precious.

Through the law of mind action one is enabled to change situations in a way which, to onlookers, often appears nothing short of miraculous. Jesus' use of the higher laws of mind was not magic, but scientific demonstration.

"They shall be abundantly satisfied with the fatness of thy house; and thou wilt make them drink of the river of thy pleasures."

MONDAY, AUGUST 11

Word for Today: *I am thankful.*

Instead of a supplication, prayer should be a jubilant thanksgiving. . . . it draws out those spiritual qualities which transform the whole man.—*Christian Healing, page 72.*

We do not supplicate or beseech God, because God is not to be reached through imploring and beseeching. Were God some power external to us or some being far from us, supplication might be the proper method. In prayer, we turn to Spirit within and know the truth. We realize that in Truth we have all things now. By this affirmative method we bring into visibility that which already exists.

By the positive method of prayer all the powers of man's being are quickened and he becomes a magnet for attracting that which is his own. By thankfulness his blessings are multiplied.

Prayer gives one a consciousness of possession. If one prays aright there is no sense of separation from what one needs because of the belief in time or space. That for which he has asked exists for him here and now. His joyful, jubilant spirit is witness to the punctual response of higher powers when he speaks his word.

Being thankful is magical. Learn to say that you are thankful. See every evidence of good increase through your word. Your word is based upon the I AM and thereby is grounded in God.

"In everything by prayer and supplication with thanksgiving let your requests be made known."

TUESDAY, AUGUST 12

Word for Today: *This day I claim the promises of God.*

To claim the answer and give thanks for it, unwaveringly believing in God as absolutely unfailing, even before you see the proof, is one of the greatest lessons that can be learned in connection with prayer.—*Unity Correspondence Course.*

The hesitant, wavering soul finds that timidity and doubt keep him far short of demonstration. To him, the claims of the metaphysician are very bold. The simple matter of taking and accepting and claiming the promises of God is to him quite a complicated matter. The metaphysician inwardly perceives the manifest answer to his prayer before he sees the external proof. He simply gives thanks and takes the thing.

When you pray, keep the steady, clear vision that what you desire is now manifest—here and now! Do not think that the thing never was until you desired it. Know that it always has existed for you.

Claim every promise of God. Health, peace, and prosperity are promised you. Lay hold of them. Prove your spiritual consciousness by claiming right now what is rightfully yours. If you want better health, speak the word for it unwaveringly, expecting it to manifest.

"Come; for *all* things are now ready."

"He thanked God, and took courage."

"Looking unto the promise of God, he wavered not."

WEDNESDAY, AUGUST 13

Word for Today: *Through Spirit, my decrees are established unto me.*

It is . . . important that we pray with understanding of the law, important that we always give thanks that our prayers have been answered and fulfilled, regardless of appearances.—*Christian Healing, page 73.*

Knowing the action of spiritual law, we can expect the fulfillment of our word when it is set into operation. There is nothing to prevent its prompt, speedy action. The consciousness is not set upon appearances but upon cause. The powerful word goes forth from the consciousness charged with the very omnipotence of God. Having been fixed in consciousness, it becomes established in the outer.

First, understand spiritual law and mind action. Then you can make your decrees wisely, and you can confidently and thankfully see the manifestation of what you desire. The first answer to your own prayer is your own faithful beholding of the answer. To you is given the God-bestowed right to answer your own prayer.

Knowing Truth, you are safe in all your decrees. They are based upon wisdom and love. You establish for yourself only that which is for your highest good. No longer speak words of negation. Decree health and plenty.

"Thou shalt also decree a thing, and it shall be established unto thee."

"Let thy work appear unto thy servants."

THURSDAY, AUGUST 14

Word for Today: *Now is the time of my salvation.*

If we pray asking for future fulfillment, we form that kind of thought structure in consciousness, and our prayers are always waiting for that future fulfillment which we have idealized.—*Christian Healing*, page 72.

The time factor belongs solely to the physical. It is one of the stamps of limitation which the unregenerate man places upon matter. Metaphysics, concerned only with that which is above the physical, beyond limitation, takes no time into consideration.

When we make time a factor in our prayers, when we think of a future, our prayer is no longer metaphysical. The more we remove time from our consciousness when demonstrating, the more speedily does the manifestation appear.

Your salvation depends not upon time or place, not upon when or then. It depends upon your consciousness. Since man can change his consciousness instantly, he can expect instantaneous results.

Discipline yourself to think of your good as coming to you now. Live in the today, not the tomorrow. Behold your salvation from adverse conditions now. Let your constant thought be upon heaven here and now. Fill your today with peace, health, and plenty.

"There should be time no longer." (A. V.)

"Now is the acceptable time; behold, now is the day of salvation."

"In the day when I call answer me speedily."

FRIDAY, AUGUST 15

Word for Today: *I am the free and masterful son of God, here and now.*

Think of it! God's "fullness of time" now for you to be free, to have dominion over all things material, to be no longer bond servant, but a son in possession of your inheritance!—*Lessons in Truth, page 158.*

Your freedom from adversity, your dominion over all things, rests with you. You possess freedom and dominion when you perceive in consciousness your spiritual right to them. When your heart is filled with a knowledge of God and of your relation to him, then you know that all his blessings are yours as his son. Your hands are filled with the fruitage of God's promises.

Learn to think of yourself as free and masterful. Always specify those conditions as here and now existent. Today take up any special problem that you may have and work it out through the positive assurance of your dominion over it. Do not be indifferent to what you should overcome. Take up your problem and solve it. Use this high consciousness that you are building. Your study of Truth is for a purpose—that of freeing you from negative beliefs. You have power here and now to do all things. Transform your affairs through changing your consciousness about them.

"He putteth forth the sickle, because the harvest is come."

"Now are we the sons of God." (A. V.)

SATURDAY, AUGUST 16

Word for Today: *God's perfect work is done here and now.*

Jesus . . . overcame the slow processes of nature, . . . we shall accelerate the natural processes, the nearer we hold our idea to the *perfection* of the realm of ideas.—*Christian Healing*, page 74.

Jesus perceived things from the consciousness of perfection and the absolute, and his mind was not limited by beliefs in natural processes. At his word, things took on a growth greater than that which would naturally have consumed months. The higher law which he set into action speeded up the working of material laws.

Students report to us that they have caused their plants to develop and bloom much sooner than they ordinarily would have bloomed, through declaring the word of Truth for them.

Looking away from things of the natural world, we enter that high spiritual consciousness in which things exist in the ideal, in their perfection. Herein we behold things not in the process of becoming, but in the being.

Belief in natural growth pushes the harvest away into the future. It causes one to believe in material laws and not in the power of superconsciousness, wherein time and limitation do not exist.

"Say not ye, There are yet four months, and *then* cometh the harvest? behold, I say unto you, Lift up your eyes, and look on the fields, that they are white already unto harvest."

SUNDAY, AUGUST 17

Word for Today: *Casting out every adverse thought, I raise my body to spirituality.*

The inner intelligence is able to reconstruct the body; the elements for rebuilding are around us and in us.—*Christian Healing*, page 231.

The illustration of Jesus driving the undesirables from the temple shows that we, too, are to drive adverse, negative, and unholy beliefs from consciousness and from our body temples. When we exercise the authority of our word of Truth, all adversity flees and both mind and body are consecrated to Truth.

The Spirit within us is mighty to rebuild, reconstruct, and raise up a spiritual temple (the true body) fit for the presence of God. Regardless of disease or accident to the body, the perfect spiritual idea still remains intact, and, at our command, takes up its work of expressing the perfect body temple.

Keep your minds cleared of all negative beliefs and your body consciousness will be pure and holy. You will always be able to bring forth the perfect body pattern and to rebuild in the physical according to the mental picture. This is the sign and token by which you may know the depth of your understanding.

"If the Spirit of him that raised up Jesus from the dead dwelleth in you, he that raised up Christ Jesus from the dead shall give life also to your mortal bodies."

MONDAY, AUGUST 18

Word for Today: *There is but one God in my life—God Omnipotent.*

The starting point in spiritual realization is a right understanding of that One designated as the Almighty.—*Christian Healing, page 10.*

All Truth demonstrations center around the primal basis—God. It follows that one brings out in his life according to the god that he worships. Many persons, though nominally Christians and worshipers of one God, give adversity such a power and presence in their lives that they really worship and pay obeisance to two gods—good and evil. Truth awakens one to the fact that there is in reality but one cause, one power, one God.

There is but one science of Truth. Every thought or act not in keeping with Truth sets itself up as a rival to the One. Just as mathematics is based upon the figure 1, so is the science of Truth founded upon its central figure.

There is but one power in reality. There is but one power in your life—the power of God. You may through ignorance believe in other powers, but they vanish before the truth and omnipotence of God. Man cannot give power to that which is not founded upon Truth. The one power is the power of spiritual consciousness.

"God is one."

"Thou shalt have no other gods before me."

"All the gods of the peoples are idols: but Jehovah made the heavens."

TUESDAY, AUGUST 19

Word for Today: *God alone is true.*

There is only God. All that is not God is no thing, that is, has no existence.—*Miscellaneous Writings, page 112.*

The Gospel of Jesus Christ is the Truth which, when known, frees man from misconceptions. Using Truth as a standard, man finds that all things must be measured by it. What is not true has no existence in Truth. Truth must be the first and the last thing to be considered. One who measures his thought and act by the spiritual rule as used by Jesus Christ finds that he has the Mind of Christ. To him, the whole world takes on a spiritual aspect.

When one learns what Truth is, that which is not founded upon Truth is automatically eliminated. Your daily task in overcoming is to drop out of your consciousness, out of your life, every thought and every thing which does not measure up to the Truth.

When the belief in disease, inharmony, fear, hatred, or poverty comes to you, apply this standard. Since the belief does not measure up to Truth, let go of it. Do not belittle yourself in your own estimation by thinking and talking about what is not absolutely true. If you hear something about another which is not true according to this standard, be just as willing to let go of it.

"I am the first, and I am the last; and besides me there is no God."

WEDNESDAY, AUGUST 20

Word for Today: *All people everywhere turn their hearts to the one God.*

There is but one God in the universe.—*Lessons in Truth, page 7.*

Today, we are to declare the universal truth for all people. Through the establishing of the truth about one God, all the false idols and gods of the race destroy themselves.

Jesus destroyed the false gods of his people by replacing their ignorance and superstition with the Truth about the one God. If you have made a god of disease, a god of fear, a god of poverty; if you have thought that there was some presence or power or cause back of these negations, destroy it by establishing the truth about the one God in your life.

Today, when you hear some one pay respect to some false god, silently declare the truth. If one speaks of something as causing disease, you know the truth—that there is but one cause, God, the cause of health. If one speaks of something to be feared, you silently declare that love alone is the one power.

The ancients thought of God as jealous; we think of God as the One, and know of no gods who could usurp the power of omnipotence or have place in omnipresence.

"Thine, O Jehovah, is the greatness, and the power, and the glory, and the victory, and the majesty."

THURSDAY, AUGUST 21

Word for Today: *God, Omnipotent, reigns in my mind, body, and affairs.*

There is one Presence, one Intelligence, one Substance, one Life: the Good Omnipotent.—*Christian Healing, page 18.*

Inharmony, disease, and poverty have no presence, since they have no existence, no reality, no being in absolute Truth. Harmony, health, and plenty are omnipresent, since they alone have presence, reality, and existence.

Adverse thoughts have no place in my mind, since they have no place in omniscience—the one and only science of Truth. God and spiritual thoughts occupy my mind, since they alone are founded upon omniscience—the one and only science and spiritual wisdom.

Poverty and lack have no substance, no foundation in Truth. Only the substance of God has reality. It alone has presence, so lack can have no presence in my affairs.

There is but one life, the activity of God in me. The belief in death, the belief in lack of life, has no place in my consciousness of Truth.

God alone is omnipotent, the one and only power. Negation has no presence and no power in my mind and body because God, omnipotent, reigns.

My mind, body, and affairs are in subjection to one power—God—over all and above all.

“Let every soul be in subjection to the higher powers: for there is no power but of God.”

FRIDAY, AUGUST 22

Word for Today: *There is but one Being, God, in whom I live, move, and have my being.*

The belief in a personal devil must go before the understanding that "the devil" is error expressed in man.—*Unity Correspondence Course.*

The belief that error becomes personalized and personified must go with another belief—that good, God, is a person. The metaphysician learns that error or evil has no personality. He reduces all things to the mental. Good and error are neither gods nor devils; they are but mental. Learn to reduce hate and fear and malice to the mental, and there sort out the true from the untrue. To think of adversity as ever coming from the external or from other people is only to delay your day of salvation.

If you believe in a devil inside or outside of you, you cannot believe that you live, move, and have your being in God. You have dominion, through your Christ consciousness, and in your dominion you can wipe out every adverse belief through realizing the truth.

If you think that some being outside of you has power over you, to you that being has power. The longer you give it power, the more difficult it is for you to wipe that idea from consciousness.

"Fear not the devil, because he has no power over you." (Apocrypha.)

"Ye shall have dominion over all the works of the devil." (Apocrypha.)

SATURDAY, AUGUST 23

Word for Today: *Looking unto God, Omnipotence, I realize man's all-powerfulness.*

God, the source of our existence every moment, is not simply omnipotent (all powerful); he is Omnipotence (all power).—*Lessons in Truth, page 8.*

God is the one and only cause and power in my life. The claims of all else in my life are put to silence by my realization of this truth. My thought is centered upon God alone. In contacting this great power I open to myself the resources of Omnipotence. I can no longer believe in other powers. God's omnipotence is my power here and now.

By realizing my divine birthright I am saved from the superstition of ignorance; I am saved from the belief that disease or poverty or fear has power in my life. From this day I refuse to confer power upon any person or thing unless I realize that God's power should be given to that person or thing.

I speak with the power of the divine voice of God. I am eternally unified with the omnipotence of God, the power of the ages, the power of eternity. I behold one power active in my consciousness, the power of Truth, the power of God. The I AM in me is the I AM of God, the I AM of all power, all strength, all might.

"Look unto me, and be ye saved, all the ends of the earth; for I am God, and there is none else."

SUNDAY, AUGUST 24

Word for Today: *Through Christ, I am spiritually regenerated.*

That which the world conceives to be flesh has no existence in Being. It is a malformation of the substance idea of Being, and must be transformed by right conception of the Divine Perfection.—*Christian Healing, page 196.*

"Ye must be born anew." Man rises out of the consciousness that he is only flesh and blood when the perfect Christ idea has thoroughly regenerated his mind. This pure conception takes place before the "second birth." When man perceives in consciousness that he is spiritual and perfect, his physical regeneration follows. Man ascends into heaven (harmony here and now) when he realizes the spiritual nature of man.

There is but one begotten son, but one type of man in Divine Mind. This pattern for us is perfect, and through lifting ourselves to it in consciousness we rise out of limitation into life eternal. The life of Jesus is of value to us because of its spiritual example, because of his clear realization of spiritual man. Man is morally converted through a change of ideas. He is physically regenerated through expressing this perfect Christ idea.

"Wherefore we henceforth know no man after the flesh."

"Whosoever is begotten of God sinneth not."

MONDAY, AUGUST 25

Word for Today: *I recognize one God, one Mind.*

God is the original Mind in which all real ideas exist. The one original Mind creates by thought. —*Christian Healing, page 19.*

Primarily we are not flesh and blood; we are products of mind. Our bodies and affairs were primarily thought. God, the mind of Truth in us, comes into manifestation as a perfect body, the perfect embodiment of a perfect thought. Perfect, spiritual thoughts exist in the mind of God as thoughts of power, love, strength, life. They manifest as perfect physical organs whose functions are the expression of power and love and strength and life.

When man, through superstition and delusion, thinks thoughts not based upon Truth, he establishes in his life a consciousness whose ideas are not real and not existent in the one original God mind. These ideas manifest as imperfect bodies and as imperfect health.

We serve God when we willingly think true, spiritual thoughts. Jesus was the greatest representative of God because the mind of God functioned through him more perfectly than through any other person known to mankind.

"He is in one mind."

"Know thou the God of thy father, and serve him with a perfect heart and with a willing mind."

2

TUESDAY, AUGUST 26

Word for Today: *I measure all things to the standard of God mind.*

The one important thing which the student of spiritual science must learn is to trust the logic of the mind. If appearances are out of harmony with your mental premise, do not let them unseat your logic.—*Christian Healing, page 10.*

We are willing to look beyond inharmonious appearances and rely upon the logic of spiritual consciousness when we are fully assured that Truth is true. We must know that health and plenty are true and real, know it with such a conviction that we cannot mentally countenance the race belief in limitation in any of its phases.

The mind of God in us is always a source of peace. When we turn toward it, when we think Truth, we establish a track over which comes to us the confident assurance that all is well. We become so engrossed in contemplating what is true that the shadows of the temporarily manifest have no power to attract our attention.

Let Truth be so logical, so sound, and so reasonable to you that you cannot hearken back to the old days of ignorance, fear, and disease. When you know the mind of Jehovah, ignorance cannot prevail.

“Let each man be fully assured in his own mind.”

“I know the thoughts that I think toward you, saith Jehovah, thoughts of peace, and not of evil.”

WEDNESDAY, AUGUST 27

Word for Today: *The wisdom of Divine Mind in me guides and directs me.*

Mind is that quality of Being that knows. It is *pure knowing*, and he who cultivates it becomes so filled with understanding that he intuitively perceives the right of every question or proposition submitted to him.—*Christian Healing, page 189.*

To know the Truth of Jesus Christ is to be so in tune with the Infinite that one always perceives the truth about every situation. There is always but one direct road, one correct answer.

Many people do not listen for the voice of God before taking a step, and, consequently, are brought oftentimes into confusion. They often try then to console themselves by saying: "This must be God's will for me, and I will look for the lesson." The lesson could quite easily be learned before the disaster—that there is but one way, one will of God. If one does not see this way and know the will of God, it does not follow that what he brings into his life through ignorance is God's will or has a God-given lesson for him.

Cultivate the disposition to bring Truth to bear upon every situation and upon every question. Make a practical use of your intuitional and your spiritual faculties.

"Teach me thy way, O Jehovah; and lead me in a plain path."

"In all thy ways acknowledge him, and he will direct thy paths."

THURSDAY, AUGUST 28

Word for Today: *I rejoice that I am always conscious of good.*

Mortal mind—that which Paul calls “carnal mind”—is the consciousness of error.—*Lessons in Truth, page 10.*

Many people think that they are manipulated by two minds, a mind of evil and a mind of good. The truth is that they are moved solely by their own consciousness. If they know the Christ Truth, they are moved to act according to the truth in their consciousness. If they do not know Truth, they are moved by their own ignorance and the fallacies of the race. Ignorance is mortal, since, lacking the way of life, it is death producing.

A realization of one's eternal unity with God within is necessary to remove the erroneous belief that man is mortal. To be spiritually minded is to have the mind filled with spiritual truth to the point at which one is so spirited by it that he is filled by the very life of God. One finds his own divine mind when he enters into the perfect consciousness of Spirit.

Nothing is to be feared from mortal mind, since it is not based upon Truth and has no substance or foundation. When one is established in Truth, nothing can prevail against him.

“To be carnally minded is death; but to be spiritually minded is life and peace.” (A. V.)

“This mortal must put on immortality.”

FRIDAY, AUGUST 29

Word for Today: *I am God's perfect idea of man.*

This perfect idea of God man is your true self. God mind is, under the law of thought, constantly seeking to express its perfection in you.—*Christian Healing, page 24.*

You exist primarily in mind. You express the idea of man according to your thought. Mind is Father or Creator. The clearer one understands what the perfect man is, the easier it is for him to express it. Students of Truth are seeking to understand what perfect man is, thereby becoming the better enabled to express the perfect idea.

Knowing the law of mind action, one sees how necessary it is that one should not hold an imperfect idea of man, and in that way express imperfection. One is either expressing mentally the perfect man idea of God mind or else expressing the imperfect man according to ideas of the race.

The mind of God in me is now expressing perfection in me.

The mind of God embodies itself as my healthy and perfect body.

I am the perfect God man. With the mind of God I bring into expression the love, life, power, and strength of God.

"I of myself with the mind, indeed, serve the law of God."

"But without thy mind I would do nothing."

SATURDAY, AUGUST 30

Word for Today: *Through the mind of God in me, spirit, soul, and body are unified.*

The mind of man is spirit, soul, body—not separate from God mind, but existing in it, and making it manifest in an identity peculiar to the individual.
—*Christian Healing, page 22.*

Spirit (mind), soul (idea), and body are unified and are different gradations of mentality. The body expression depends upon the individual's perception of Spirit. Men differ only in their several viewpoints of what man is and of what his relation to God is. The physical identity is but the outpicturing of the inner acknowledgment.

The physical body is cut off from mind and from life (and death ensues) when the individual cuts off himself from God. Death is the separation of soul and body, brought about through ignorance of spiritual truth. It is overcome by wiping the thought from consciousness and maintaining perfect unity between spirit, soul, and body.

The mind of man is but the externalization of his indwelling spiritual mind. As it is brought to bear upon external things it is somewhat colored by external influences. The mind of God, to the individual, is but his consciousness of spiritual truths.

"Be ye transformed by the renewing of your mind."

"Yet in my flesh shall I see God." (A. V.)

"He that is joined unto the Lord is one spirit."

SUNDAY, AUGUST 31

Word for Today: *I worship God by abiding in his Spirit.*

God, the one creative cause of all things, is Spirit, and visible to spiritual consciousness, as we have learned. God is the sum total of all good.—*Lessons in Truth, page 62.*

To the Samaritan woman, Jesus said: "God is Spirit." This definition should clear from the consciousness the medieval belief that God is some corporeality external to man. Through spiritual consciousness alone can we know and appreciate God.

The truth of man's spiritual nature (his oneness with the indwelling spirit) is the water which is a wellspring of everlasting life. Men may drink from other fountains and thirst again, but spiritual Truth quenches all thirst.

Man's food, in reality, is the knowledge of this truth, and he loses all hunger for material things through having himself stayed upon this spiritual knowledge. To serve God through serving mankind is to man the very meat of life.

We must worship God in spirit. We must be so spirited and animated that we enter into the very significance and meaning of this mighty truth.

I am spirited with the Spirit of God.

God is Spirit. I am Spirit.

"God is not a man."

"God is Spirit; and those who worship Him must bring Him true spiritual worship." (Weymouth version.)

FOOD FOR THOUGHT

You can have neither a greater nor a less dominion than that over yourself.—*Leonardo da Vinci*.

The truth is that the cause of all sins in every person and every instance is excessive self-love.—*Plato*.

Our life in the midst of the world ought to be such that, on hearing or seeing us, every one should feel constrained to praise our Heavenly Father.—*St. Francis of Assisi*.

By being the most unselfish he is the most secure.—*Lao-Tze*.

Man is ever in the presence of an infinite and eternal energy from which all things proceed.—*Herbert Spencer*.

All the evil of our life only seemingly exists.—*Tolstoy*.

We only know our relations to God through our relations to each other. . . . The Garden of Eden surely exists still on earth, for those who have faith and purity enough.—*Charles Kingsley*.

The higher the ideal of yourself, the more rapid your spiritual growth; see yourself ideally as divine, and you will become it.—*Archdeacon Wilberforce*.

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--Scotus Erigena.

